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How to drink enough water daily and improve your health: Electrolytes

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Being well hydrated is also about the foods you eat. Eating fresh, whole, raw, organic fruits and vegetables will help to keep your body hydrated. A high water content fruit or vegetable will provide your body with water in a pure and easily absorbed form.

Foods high in water include: melons, cucumbers, celery, citrus fruits, berries and fresh coconut juice which is naturally rich in electrolytes. Blend some fresh watermelon with a few cubes of ice and 1-2 mint leaves for a great summer drink. Herbal teas and soups / broths also count as part of the daily water intake.

Start your day on a high note by having a glass or two of warm or room temperature water first thing in the morning on an empty stomach. Add a good squeeze of lemon juice to wake up your digestion and cleanse the liver after sleep. Room temperature water is better if you're dehydrated as the body can absorb it immediately instead of having to raise the temperature of the water first in order to process it.

Add salt or Apple Cider Vinegar (ACV) to increase electrolyte levels

It's helpful for most people (individuals with high blood pressure related to salt metabolism need to be careful) to add a small amount of good quality salt such as Celtic or Himalayan varieties or some ACV to the filtered water. Either of these will help keep the water in your body for longer and not simply flush it through. ACV's use in water as a hydrant goes back to ancient times. Have 1 tablespoon of ACV per litre of water. If adding salt, 1/8 teaspoon of salt per litre of water is sufficient for most people.

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Adding lemon juice will further enhance water's bioavailability. Most people are deficient in electrolytes (minerals such as sodium, potassium, chloride, calcium, magnesium and bicarbonate) which regulate the hydration of the body as well as blood pH and are critical for nerve and muscle function.

Both ACV and salt will provide good amount of electrolytes. Having coconut water instead of plain water (or a mix of both) will further enhance electrolyte numbers and absorption.

Electrolyte drink (homemade sports drink)

1 litre of filtered water (or coconut water either fresh or a good quality one available at health food shops and supermarkets)

freshly squeezed lemon or lime juice (or both) – 1 lemon and/or lime

1 teaspoon of raw honey or organic, sulphur-free molasses for a bit of colour and extra minerals

1/8-1/4 teaspoon of Celtic salt

Blend all ingredients and drink throughout the day. Experiment with proportions and use your taste buds as your guide to adjust the ingredients to what feels right for you. There may be days when your body will want more salt and other days when it will ask for more honey or lemon juice.

Depending on your current electrolyte balance and needs, you will make a drink that is tailored for you and your taste buds will help you to do that.

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Flavoured water recipes

I'd like to encourage you to make your own versions of flavoured and coloured water. Here are a few suggestions to get you going:

Green water

- 1.5-2 litres of purified water
- 1 teaspoon freshly grated ginger
- 1 medium cucumber, peeled and thinly sliced
- 1 medium lemon, thinly sliced (preferably organic or very a well washed non organic one)
- 10 spearmint or apple mint leaves

Combine all ingredients in a large glass jug, cover and let flavours blend overnight in the fridge. Strain and drink the entire jug by the end of the day. You also can dilute it with water to your taste and have it over two days (keep the 'original' in the fridge).

Strawberry water

- 2 litres of purified water
- 3-4 strawberries cut in half
- 4-5 fresh pineapple sage leaves
- 5 fresh lemon verbena leaves (optional)
- ½ lemon cut into thin slices

Follow the steps as above. The water will turn a beautiful pink colour and taste and feel very refreshing.

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Spicy water

- 1.5-2 litres of purified water
- 1 teaspoon freshly grated ginger
- ½ lime cut into thin slices
- ½ lemon cut into thin slices
- 3-4 cloves
- 3-4 fresh mint leaves

Lemon barley water

- 1.5 litres of water
- 90g pearl barley
- 1-2 lemons
- 1 tablespoon of honey

Place barley and water in a saucepan and bring to boil. Simmer over low heat for 30 minutes then strain into a glass jug. Cut the lemons into thin slices, keep the skin on, add to barley water, cover and refrigerate overnight. Strain the mixture the next day and discard the solids. Add honey and stir to dissolve. Serve chilled with your favourite herbs such as mint, pineapple sage etc. Barley water soothes gut inflammation and helps in detoxification especially of the kidneys and the bladder. It's also a great thirst quencher! Please note that lemon barley water contains gluten.

Iced lemon juice

As a time saver, juice several lemons and/or limes ahead of time and freeze them in ice cube trays. Keep these in your freezer and simply add a lemon ice cube to a glass of water any time for a quick and easy lemon flavoured water drink.

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Use your creativity to come up with different combinations or different ingredients to make your own interesting flavours. Make several jugs each with a different flavoured water if you are having an outdoor party. Or have all ingredients laid out so each person can create their own flavoured water. So now you know how to drink enough water daily! Please do share your ideas with us by leaving a comment below.

Read [Part 1](#) of this article here.

Enjoy!

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